

## YOUTH APPAREL SIZE CHART (CM)

Size	120			130			140			150		
International Size	S			M			L			XL		
U.S. Size	22			24			26			28		
YEARS	6			7-8			9-10			11-12		
A. Chest (cm)	60.5 - 65.5			65.5 - 70.5			70.5 - 75.5			75.5 - 80.5		
B. Waist (cm)	54 - 58			58 - 62			62 - 66			66 - 70		
C. Hip (cm)	68 - 72			72 - 76			75 - 80			80 - 84		
D. Thigh (cm)	40 - 42			42 - 44			44 - 46			46 - 48		
E. Inseam (cm)	51.1 - 56.5			56.5 - 61.5			61.5 - 66.5			66.5 - 71.5		
F. Outer Arm (cm)	40 - 44			44 - 48			48 - 52			52 - 56		
G. Height (cm)	120 - 130			130 - 140			140 - 150			150 - 160		

### HOW TO MEASURE

**A. Chest**

Measure around the fullest part, under the armpits, keeping the tape horizontal.

**B. Waist** Measure around the natural waist line, inline with the navel, keeping the tape horizontal.

**C. Hip**

Measure around the fullest part of your hips, about 20cm below waist line, keeping the tape horizontal.

**D. Thigh** Measure around the thigh just below the crotch, keeping the tape horizontal.

**E. Inseam**

Stand against a wall, ask someone else to measure from the crotch to the bottom of your leg.

**F. Arm Length** Measure from shoulder (Humerus) to wrist.

**G. Height**

Stand against a wall, ask someone else to measure from the floor to the top of your head, keeping the tape vertical.